

Move More with ageUK

Bromsgrove,
Redditch & Wyre Forest



New class (starting 20th January 2025)
Mondays, 1.45-2.45pm
Cofton Village Hall, Cofton Hackett (B45 8PD)

- Thanks to the support of the Healthy Worcestershire Programme, Age UK BRWF is launching a new 'Move More' Exercise Class
- Mondays (starting 20th January 2025)
- 1.45-2.45pm
- Cofton Village Hall, 1 Village Hall Way, B45 8PD
- £5 a session. No need to Book. Equipment provided!

We hope you can 'Join Us' & together we can get 'Moving More'!

You can also find out more about our Move More classes (including hearing from our class members) by visiting our website www.ageuk.org.uk/brwf/activities-and-events/

For more information please call
or email enquiries@ageukbrwf.org.uk

01527 570490

Age UK Bromsgrove, Redditch & Wyre Forest

Registered Office: 51 Windsor Street, Bromsgrove, B60 2BJ Registered Charity No. 1165891

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New class (starting 23rd January 2025)

Thursdays, 2.30-3.30pm

Chaddesley Corbett Village Hall (DY10 4QA)

- Thanks to the support of the Healthy Worcestershire Programme, Age UK BRWF is launching a new 'Move More' Exercise Class
- Thursdays (starting 23rd January 2025)
- 2.30-3.30pm
- Chaddesley Corbett Village, Potters Park, DY10 4QA
- £5 a session. No need to Book. Equipment provided!

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